

December 2013



from

M.O.P.D.

Red Door Learning Montessori

Holiday Gala Fundraiser



December 11, 2013

**This is going to be an awesome
event. So come out and enjoy the
night and help a family this
Christmas.**

**Looking forward to seeing
everyone there!**

For more information please call

281-587-0030

Cost: Free



The Tellepsen Family Downtown YMCA

30th Annual Total Jingle Bell Run

Celebrate the holidays while raising funds and awareness

Find your niche in one of the three race distances

- **The 5-mile run**
- **The 3-mile run/walk**
- **The Kids Fun Run for those 13 and under**

Where: The Tellepsen Family Downtown YMCA Annual Campaign

Date: Sunday, Dec 15

Time: 11:00a

Address: 808 Pease St., Houston, TX, 77002

Phone: (713) 659-8501

Price: \$17- \$37

Age Suitability: All Ages

Categories: Charity & Volunteer Running

Tags: There are no tags.

More than 7,000 runners, volunteers, sponsors, individuals, children and families of all fitness levels will make their way through the streets of Downtown Houston December 15.

A Crawl for a Cause



The Black Tie Inaugural Annual Charity Event

Walk a Mile presents its (Black Tie) inaugural annual charity event, a night of music, dancing and giving back. Our host Jasmine Winters needs your contributions to bring joy to many kids this Christmas by bringing in your donations of non-used and non gift wrapped toys to benefit the Houston Children's Charity Adopt-A-Family program.

Place: **Zanzibar**

Address: 9003 Westheimer Rd.
Houston, TX

Date: **Thursday, December 12th, 2013**

Time: **8:00 p.m. – 11:00 p.m.**

Cost: RSVP and bring in your toy donation for entry

RSVP: Bring in unused and unwrapped toy No entry without toy Raffle drawings



This is a black tie event - light food served and bar

A night of music, dancing and giving back . . .

Monthly Events



Water Exercise

Sponsored by Houston Area Parkinson's Society in partnership with

COH Parks and Recreation

Held at the Metropolitan Multi-Service Center 1475 W. Gray

Mondays: 1:00 p.m. to 2:00 p.m.

Thursdays: 11:00 a.m. to 12:00 p.m.

Cost: **FREE**. Registration required.

Contact: Alfonso at 713.520.8670

Tai Chi

Every Tuesday- 10:30 am to 11:30 a.m.

Sponsored by Houston Area Parkinson's Society in partnership with COH Parks and Recreation

Held at the Metropolitan Multi-Service Center 1475 W. Gray

Cost: **FREE**. Registration required.

Contact: Alfonso at 713.520.8670

Monthly Events



Texas Sled Hockey

Every Saturday- 10:00 am to 11:00 a.m.

Sponsored by Texas Sled Hockey Paralympics Sport Club

Held at Ice Skate USA at Memorial City Mall

Cost: FREE. Registration required.

Email: Jim O'Neill at jim@lonestarsound.com

Assistive Technology Computer Demonstration

Monday - Thursday of Each Week

9:00 am to 4:00 p.m.

Sponsored by Houston Center for Independent Living

Held at 6201 Bonhomme Road, Suite 150-S

Cost: FREE.

Contact 3 days before to schedule ASL or Real Time Captioning

Contact: 713.974.4621. 713.974.4621 Voice / TTY

Monthly Events



Computer Access Training Program (CATP)

Monday - Thursday of Each Week

8:00 am to 12:00 p.m.

Sponsored by Houston Center for Independent Living

Held at 6201 Bonhomme Road, Suite 150-S

Cost: FREE. Registration required.

Contact 3 days before to schedule ASL or Real Time Captioning

Contact: 713.974.4621. 713.974.4621 Voice / TTY

Tango

Every Wednesday

1:00 pm to 2:15 p.m.

**Sponsored by Houston Area Parkinson's Society in partnership
with COH Parks and Recreation Department of Neighborhoods**

Held at the Metropolitan Multi-Service Center 1475 W. Gray

Cost: FREE. Registration required.

Contact: Alfonso at 713.520.8670

Monthly Events



Families Coping with Adult Mental Illness

First and Third Sunday of Each Month

4:00 pm to 5:30 p.m.

Held at St Peter's United Methodist Church

20775 Kingsland Blvd

Cost: FREE. Contact Pat or Leon at 713.467.3764

Families Coping with Children and

Adolescent Mental Illness

Second and Fourth Sunday of Each Month

2:30 pm to 4:00 p.m.

Held at Memorial Drive United Methodist Church

12955 Memorial Drive

Cost: FREE. Contact Bonnie Cord at 713.984.2538

Monthly Events



National MS Society Lone Star Chapter: After Hours

First Monday of Each Month

6:30 pm to 9:00 p.m.

Held at Lupe Tortilla, 2414 Southwest Freeway

Cost: FREE. Registration required. Ages 18 – 30ish

Contact: Chris Mays at 832-334.9023 or

Email: chmays23@yahoo.com

Families Coping with Mental Illness

Third Monday of Each Month

7:15 pm to 9:00 p.m.

Held at Memorial Drive Methodist Church

12955 Memorial Drive

Cost: FREE.

Visit [NAMI website](#)

Monthly Events



Families CAN Support Group

First Tuesday of Each Month

10:00 a.m. to 12:00 p.m.

Held at Christ the King Evangelical Lutheran Church

2353 Rice Boulevard

Cost: FREE Contact 713.743.5435 or 713.743.5592

Adolescent Bariatric Surgery Program Support Group

Second Tuesday of Each Month

5:00 p.m. to 7:00 p.m.

Address: 1475 W. Gray

**Sponsored by Texas Children's Hospital in partnership with
HPARD's Adaptive Recreation Staff**

Cost: FREE Contact: Kari at TCH at 832.822.4868

Houston Commission on Disabilities

Second Thursday of Each Month

4:00 p.m. to 6:00 p.m.

Held at the Metropolitan Multi-Service Center 1475 W. Gray

Cost: FREE. Open to the Public

Request reasonable accommodations by 2nd Monday

ASL Interpreters and CART provided

Contact 832.394.0814 or Email: mopdmail@houstontx.gov



South Texas College of Law Legal Clinic

(Family, Probate, Estate Planning)

Third Thursday of Each Month

1:00 p.m. to 3:00 p.m.

Held at the Metropolitan Multi-Service Center 1475 W. Gray

Cost: FREE.

Please request reasonable accommodations by the 3rd Monday

Contact MOPD at 832.394.0814 or Email

mopdmail@houstontx.gov

Monthly Dance Social for People with Disabilities

First Friday of Each Month

Held at the Metropolitan Multi-Service Center 1475 W. Gray

Sponsored by The ARC of Greater Houston

Cost: FREE. Registration required.

Contact: 713.313.1652

Email: thearcofgreaterhouston.com

Standing Events for 2014



Volunteer Parking Enforcement Class

5:00p.m. to 9:00p.m.

Metropolitan Multi-service Center 1475 W, Gray St

Fourth Thursday's

With the generous help of citizen volunteers, the "Disabled Parking Volunteer " program will ensure accessible parking spaces for the disabled. **Cost: FREE**

Contact: R. De La Cerda at 832.393.8655 @ roland.delacerda@houstontx.gov

Free Legal Advice Clinic "Houston Volunteer Lawyers "program, Inc. - Helps low-income citizens and such as those who may not meet the financial criteria of other legal assistance programs or non-US citizens.

Contact: 832-394-0811 or June.Eaton@houstontx.gov Cost: **FREE**





From

M.O.P.D.